

Proudly supported by



**Australian Government**

Black Summer Bushfire  
Recovery Grants Program

## *Get involved* Volunteer with us

Get involved in your local community, build new relationships and, share your skills. Have fun and make an impact!

Join our dedicated team of Bain Park volunteers.

Help out with group activities and provide companionship.  
No qualifications needed.

## **CONTACT US**

Bain Park Cottage  
Seniors Hub team

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## **BAIN PARK COTTAGE SENIORS HUB**

# *Activities Schedule*

**April 2023**

Activities are subject to change and will be held in The Hub, unless otherwise stated.  
Activities are free of charge unless stated otherwise.

# APRIL 2023

## Tues 4th

**9:30 Chair Yoga** – Keep flexible and active with our Low Impact and easy Chair Yoga with Mark the Yoga Guru

**11:00 Cards (Euchre) and Games Morning**– Looking for someone to play cards (Euchre or 500) or scrabble with? Bring your lunch if you want to

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## Wed 5th

**10:00 – Social Morning Tea** (bring a plate if you wish) Come down and catch up with some friends or meet new ones.

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## Thurs 6th

**10:30 Bus Trip to Abundance Café for Lunch** (Bus leaves at around 11am – Lunch booked for 12pm and you are welcome to self-drive if you wish.) Bookings essential RSVP 4/4/23

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## Tues 11th

**9:30 Tai Chi** – Gentle movement and exercise to keep our mobility, flexibility and balance.

**11:00 Garden Working Bee** – Come and help out in the garden weeding, pruning, fertilizing and watering.

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## Wed 12th

**9:30 Chair Yoga** – Keep flexible and active with our Low Impact and easy Chair Yoga with Mark the Yoga Guru

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## Thurs 13th

**9:30 Fishing Expedition (Self Drive) to Rocks Ferry** – meet at Rocks Ferry feel free to bring your own fishing gear and sun protection.

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## Friday 14th

**11.00 Bus Trip – Lunch at Byabarra (lunch at 12pm)** Have a delicious lunch at the Byabarra Café. Seats on the bus are limited so bookings are essential. You can self-drive if you prefer. RSVP 11/4/23.

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## Tues 18th

**9:30 Chair Yoga** – Keep flexible and active with our Low Impact and easy Chair Yoga with Mark the Yoga Guru

## Tues 18th

**11:30 Guide Dog Presentation** to celebrate International Guide Dog Day we are having a Guide Dog recipient chat to us

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## Wed 19th

**9:30 Spring Fete Planning Session.** Come and help us work out what we can make for us to sell at our Spring Fete.

**11:00 Sewing Bee** – We are working on a special project, if you have spare fabric or men's button shirts, could you please bring them. Bring your scissors and pins along.

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## Thurs 20th

**10:00 Omnicare Presentation on Home Care Assistance, Packaged Meals and Volunteering.** Come along and find out some information, our friendly guest speakers will be more than happy help you.

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## Friday 21st

**9:30 Art Class** – Bring your own art project or start one at the Hub

**9:30 Bus Trip to Rosewood Water Treatment Plant Tour** (Limited Numbers on bus – so bookings are essential)

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## Wed 26th

**9:30 Zumba with Mel** – get your groove on with Magic Mel at our fun low impact Zumba Class

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## Thurs 27th

**9:00 Bus Outing Cattai Wetlands Birdwatching**

Join us visiting the Cattai Wetlands as we birdwatch and walk around the area. We are then off to have lunch. Seats are limited so bookings are essential RSVP 21/4/23

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## Friday 28th

**9:30 Art/Craft Class – Card Making** – have a try at making your own cards.

**9:30 Fishing Expedition (Self Drive) to Rocks Ferry** – meet at Rocks Ferry feel free to bring your own fishing gear and sun protection.